

GEE WHISKERS
A STOWAWAY KITTEN SURVIVES
AN UNEXPECTED ROAD TRIP.
NOW LITTLE MERCEDES IS
LOOKING FOR A HOME PAGE 3



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Wednesday, July 4, 2012



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Demolition work sparks blaze

Rich-Wood Kitchens.
Morning fire at
abandoned factory
keeps firefighters busy



ANGELA MULLINS
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Thick smoke hung in the area around the old McCormick's candy plant for much of Tuesday as firefighters battled a blaze at a nearby building.

Trucks were called to 475 McCormick Blvd. — formerly the Rich-Wood Kitchens plant — at about 9:30 a.m. They stayed for five hours, with firefighters working in shifts to douse hot spots, spraying water on the building's east and west sides in between breaks to refill air tanks while cooling off.

The fire was started by wayward sparks from a cutting torch being used by demolition crews to break down steel beams, deputy fire chief Brian George said.

"Apparently, some of the sparks went into a lower level and caught a large pile of com-

Where it's at

- The former Rich-Wood Kitchens factory is just north of Dundas Street between McCormick Boulevard and Nightingale Avenue.

bustibles on fire," George said.

The workers evacuated and called the fire department. No one was injured and asbestos had already been removed.

Since the building is being demolished and there were structural concerns, firefighters took a "defensive" approach to the blaze, George said. Crews weren't sent inside, but focused on preventing the fire from spreading.

Smoke, visible several blocks to the east, forced the evacuation of businesses along McCormick Boulevard. A wider evacuation was considered, but police deemed it unnecessary.

"They felt because the smoke was so light once it passed into the neighbourhood off McCormick Boulevard that it was not a concern at that time," George said.



London firefighters strap on replenished air tanks on Tuesday before heading back into thick smoke surrounding the former Rich-Wood Kitchens factory at 475 McCormick Blvd. The building caught fire while crews were cutting steel beams with a torch, officials said. ANGELA MULLINS/METRO

Hostile climate?

Wildfires, heat waves, freak storms — if you were wondering what global warming looks like, this is it, scientists warn PAGE 4

Knight moves

The London Knights lose one of their anchors as former coach and manager Misha Donskov heads to the Ottawa 67's PAGE 12

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Mercedes the kitten brings new meaning to 'engine purr'

Benz around the block.

Mechanics pull cat from Mercedes car after trip along highway

When two women pulled into Rob Clarke's auto repair shop complaining of meows coming from their engine, the mechanic wasn't too fussed.

"We get people from time to time with the belts screeching. ... They'll say 'I've got a pterodactyl under there,'" Clarke said with a chuckle. "I figured it was something like that."

He was wrong. Instead of a routine mechanical problem, Clarke too was greeted with a "meow" when he popped open the Mercedes-Benz's hood.

It was indeed a kitten — lodged toward the back of the engine near the car's firewall. Clarke caught a brief glimpse of the black-and-white cat before she darted deeper into the car's undercarriage.

"We jacked (the car) up and could still hear (the meows)," Clarke said about the scene that played out June 26 in the lot of his Komoka business. "We

Want to adopt her?

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sprayed water up in it thinking that would bring it out."

When that didn't work, Clarke and his team rolled the car to a lift, disassembling parts of the vehicle for a better look.

Eventually, they spotted the kitten near the transmission and cleared her from harm's way after she made her way back to the engine. A member of shop's staff loaded the kitten — aptly named Mercedes and no more than nine weeks old — into a cardboard box and took her to a nearby pet shop.

Clarke, meanwhile, wrote off the woman's bill.

"But I did tell (the owner), 'If you bring back a second cat, we're going to have to charge you,'" he joked.

Mercedes is now staying in a local foster home where, aside from singed whiskers over her eyes, everything's looking up.

"She was obviously ex-



Singed whiskers the only sign of her recent trip under the hood of a car, Mercedes lounges Monday in a windowsill at her London foster home. For adoption information, visit animalert.ca. ANGELA MULLINS/METRO

tremely scared and frightened in the beginning," said Marney Warder, who oversees cat adoptions for Animalert.

Now, she's eating well and beginning to socialize with

other kittens, Warder said.

No one's really sure how long Mercedes was under the car's hood — or how far she travelled. But, people involved in the rescue effort said the ride

included at least a brief stint at high speeds on Highway 402.

One thing's for sure, Warder said — "This little mite was very lucky."

ANGELA MULLINS/METRO

London parade

Pride names grand marshal

Pride Festival London's board of directors has named Metropolitan Community Church (MCC) as this year's parade grand marshal. MCC has a history of supporting Pride in London, not just at the beginning in 1981, but over the years has been a regular supporter and champion of the rights of those in the LGBTQ2 community. This year's Pride London festival opens July 22 and runs through July 29. **METRO**

Stunt-driving charges

Dangerous roads over the weekend

While OPP reported a wild Canada Day weekend on roads and waterways across the province, things were relatively quiet in the city, Const. Amanda Van Doren said Tuesday. No deaths were reported, but a Monday morning crash sent one person to the hospital and left a 20-year-old charged with multiple offences, Van Doren said. As well, two people are facing stunt-driving charges in the London area, the OPP said. **METRO**

Hot enough for ya? Just wait

Not your average summer

"It's looking like the over-arching theme for the rest of the summer is hotter-than-average temperatures."

Meteorologist Geoff Coulson

are projected to hit highs between 26 and 33 C. Thursday and Friday are supposed to be the warmest days of the week.

A particularly warm spring paved the way for July's hot start, Coulson said.

"After these multi-day (thunderstorms), humidity tends to come back with a vengeance," Coulson said.

Though the weather expert said it's difficult to forecast how dry or wet the region will be from now until the end of summer, there are indications we may be in for some extra-sticky days.

Temperature-wise, heading into the dead of summer, there is reason to believe there will be a handful of record-breaking days on the horizon.

JOHN MATISZ/METRO

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NEWS

On the web

Pitting brother against brother

Doug Pitt has had a rough life. The non-famous Pitt has had to compete with his movie star brother Brad all his life. But the younger sibling is finally getting the attention he deserves in his first-ever endorsement, which highlights just how amazing (and ordinary) his life is. Go to metronews.ca to read the full story.

Mobile news



Talk about your peaks and valleys. Superstar screenwriter Aaron Sorkin, still basking in the warm glow of his Oscar win for *The Social Network*, is suddenly now the object of scorn and ridicule. Scan the code to watch the video that has everyone talking.

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Wildfires, heat waves, drought — weird weather or something more?

Variables. Climate scientists suggest that if you want to see examples of global warming, just look at recent U.S. weather

Horrendous wildfires. Oppressive heat waves. Devastating droughts. Flooding from giant deluges. And a powerful freak wind storm called a derecho.

All seen recently in the

U.S., these are the kinds of extremes climate scientists have predicted will come with climate change, although it's far too early to say that is the cause. Nor will they say global warming is the reason 3,215 daily high temperature records were set in the month of June.

Scientifically linking individual weather events to climate change takes intensive study, complicated mathematics, computer models and lots of time. Sometimes it isn't caused by global warming.

Weather is always variable; freak things happen.

But since at least 1988, climate scientists have warned that climate change would bring, in general, more heat waves, droughts, sudden downpours, widespread wildfires and worsening storms. In the United States, those extremes are happening now.

So far this year, more than 2.1 million acres have burned in wildfires, more than 113 million people in the U.S. were in areas under extreme heat advisories last Friday, two-

thirds of the country is experiencing drought and, earlier in June, deluges flooded Minnesota and Florida.

"This is what global warming looks like at the regional or personal level," said Jonathan Overpeck, professor of geosciences and atmospheric sciences at the University of Arizona. "The extra heat increases the odds of worse heat waves, droughts, storms and wildfire. This is certainly what I and many other climate scientists have been warning about." **THE ASSOCIATED PRESS**



Melissa Mgana kisses her daughter as she surveys what is left of their home on Sunday in Colorado Springs, Colo., after the Waldo Canyon fire ravaged the neighbourhood. HELEN H. RICHARDSON/THE DENVER POST/THE ASSOCIATED PRESS

Elliot Lake

Cops launch criminal investigation over mall roof collapse

New information has led the Ontario Provincial Police to deem their probe of a fatal mall roof collapse in Elliot Lake a criminal investigation.

Two women were killed on June 23 when the roof of the Algo Centre Mall caved in and plummeted two floors down into the building. **THE CANADIAN PRESS**

Occupy Toronto

Officer cleared for punching protester

Ontario's police watchdog has cleared a Toronto officer who says he punched an Occupy Toronto protester in the face during an arrest.

The Special Investigations Unit says it's unclear whether the force was "excessive," when considering the level at which Angela Turvey was resisting arrest. SIU director Ian Scott says while he believes Turvey was punched, she was interfering with the arrest of another protester and there are no reasonable grounds to criminally charge the officer. **THE CANADIAN PRESS**

Cabinet shuffle

Bev Oda resigns

As one door swings shut on an embattled cabinet minister's political career, another opens for Prime Minister Stephen Harper.

International Co-operation Minister Bev Oda's resignation Tuesday gives the prime minister the space he needs for a cabinet shuffle this summer. **THE CANADIAN PRESS**



Libyan-Canadians cast historic ballots

Naji Mahmoud, of Windsor, casts his ballot as Libyan-Canadians vote during the first day of the Libyan National Congress Elections in Ottawa on Tuesday. Canada is one of just six countries with Libyans living abroad that are making voting available. The others are the United States, Germany, the United Arab Emirates, Jordan and the United Kingdom. Libya will vote on July 7. **SEAN KILPATRICK/THE CANADIAN PRESS**

Sarkozy. Home searched over alleged illegal donations by cosmetics heiress

French investigators searched the home and office of former president Nicolas Sarkozy on Tuesday as part of a probe into suspected illegal financing of his 2007 presidential campaign by the L'Oréal cosmetics heiress, an official said.

Potential legal troubles have threatened Sarkozy since he lost the presidency to Socialist Francois Hollande in May elections. Sarkozy, who lost his immunity from prosecution on June 15, denies wrongdoing.

Judge Jean-Michel Gentil and other investigators from the Paris financial crimes unit conducted the search of Sarkozy's home and office, the official said, speaking on condition of anonymity because he was not authorized to be publicly named discussing an ongoing investigation.

Messages left with Sarkozy's staff were not immediately returned.

The probe centres on the finances of France's richest



Nicolas Sarkozy **THE ASSOCIATED PRESS**

woman, L'Oréal cosmetics heiress Liliane Bettencourt.

A long-running family feud over her fortune ballooned in 2010 into a multilayered investigation and political affair. Allegations emerged that Bettencourt provided illegal campaign cash to Sarkozy's party during the 2007 campaign. Sarkozy vigorously denies the claims. **THE ASSOCIATED PRESS**

Rescued aid worker. Big feet saved the day: Mom

Big feet and a fortuitously placed wallet helped save the day for a Canadian aid worker snatched at gunpoint at a Kenyan refugee camp and marched with three other captors across the border into Somalia, his parents said Tuesday.

Clearly relieved after days of frantic worry, Carol-Ann and Peter Dennis were able to share some of the humour that helped sustain their son, Steve Dennis, during his ordeal.

"He's tall, so he's got big feet," Carol-Ann told The Canadian Press. "The trackers could track them because they could see the big foot and some little feet in the pattern of walking."

Dennis, 37, of Toronto, and

fellow Canadian Qurat-Ul-Ain Sadazai, 38, of Gatineau, Que., were among four aid workers snatched at gunpoint on Friday from the huge Dadaab refugee camp in Kenya near the Somalia border.

Also kidnapped and rescued with them were Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino, who was shot during the initial kidnapping. Dennis was also grazed by a bullet.

"In Steve's case, it happened to hit him right in his wallet that he carries in his front (leg) pocket — it bruised him a little bit," his father said. "He said he was saved by his credit cards."

THE CANADIAN PRESS

RIM boss goes on the defensive

'Nothing wrong.'
Heins attempts to cast tech company's current challenges in a positive light

Research In Motion chief executive Thorsten Heins was on the defensive Tuesday, insisting "there's nothing wrong with the company as it exists right now," and that he's confident the BlackBerry maker will get past its current challenges.

Heins led the march of several executives who fanned out to media outlets in an effort to cast a positive glow on the company, which has been facing an increasing amount of negativity over its seemingly endless problems.

Last week, RIM shocked the market with another delay to its crucial BlackBerry 10 oper-



Research In Motion CEO Thorsten Heins THE CANADIAN PRESS

ating system which has been considered by many as a last-ditch effort to save the company. But that was only part of the bad news.

RIM also said it would lay-off about 5,000 employees as it slashes costs across the organization to contend with faltering sales of its BlackBerry smartphones and a quickly

eroding stock price.

In morning trading on Tuesday, RIM's stock was down seven cents to \$7.47 on the Toronto Stock Exchange.

Heins acknowledged the company faces a challenge to regain market share in the United States, but insisted RIM isn't in a "death spiral."

"There's nothing wrong with the company as it exists right now," Heins said on CBC's Metro Morning radio show.

Heins said the major changes RIM has made to its management and business objectives since he became CEO in January are part of a massive transition to a whole new technology platform.

He said sales in other parts of the world remain strong and argued the transition to the BlackBerry 10 will be a completely different way for RIM to address mobile computing. THE CANADIAN PRESS

Markets scandal

Barclays CEO, COO resign

Barclays chief executive Bob Diamond quit his job Tuesday in a financial markets scandal that has also seen the chairman announce his intention to resign and has sown the seeds for another investigation into Britain's banking sector.

Jerry del Missier, appointed only last month as chief operating officer at the bank, resigned hours after Diamond left.

The resignations come a day after chairman Marcus Agius also fell on his sword. However, Agius will leave the company only after a new chairman is found and will lead the search for a new chief executive. He will take on Diamond's responsibilities until a new CEO is appointed.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.77¢ US (+0.55¢)

TSX
11,848.75 (+252.19)

OIL
\$87.66 US (+\$3.91)

GOLD
\$1,621.80 (+\$24.10)

Natural gas: \$2.899 US (+7.5¢)
Dow Jones: 12,943.82 (+72.43)

Lending. BMO predicts interest rate will stay low

The Bank of Montreal predicted Tuesday that the Bank of Canada will keep its key interest rate low for longer than it expected.

Economists at the bank are now predicting that the central bank will not raise its key rate until July 2013, six months later than their earlier prediction of January 2013.

The rate affects the prime lending rates at banks and in turn influences all kinds of interest rates including those

charged to variable rate mortgages and lines of credit.

But BMO mortgage expert Laura Parsons urged prospective home buyers to choose fixed-rate mortgages, which are also near record lows.

"While interest rates have been at historic lows, the inevitable climb will happen," said Parsons. "Choosing a fixed mortgage can provide protection against rising rates."

THE CANADIAN PRESS

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JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

I'm always looking for a new experience, so I've decided to sign up for a triathlon: swim, cycle, run; one immediately after another.

A lot of people are fierce and brave, and they like to tackle the Ironman triathlon, which consists of a 3.96-kilometre swim, a 180.25-km bike ride and a 42.2-km marathon, without any rest or dying in between.

I am not an iron man. More like a straw man, so I thought I'd start with a "sprint triathlon," which sounds very zippy, doesn't it? A sprint is to the Ironman what a Yaris is to an F-350 pickup: 700-metre swim, 20-km bike ride, 5-km run. There's less chance of sinking like a stone at about 2.57 km into the swim or falling off your bike into a ditch at 127 km, or wandering into traffic, dehydrated and disoriented, around 37 km in the marathon.

Still, this "sprint," which occurs on July 22 (why are my palms sweating already?) has its challenges, not the least being I've never done all three of these things in a row on the same day, and rarely in the same month.

The main challenge, as far as I can tell, is getting through the transition, which means getting from the pool and onto the bike, then off the bike and into running shoes, all while the clock is ticking. The "three Ts" are key to transition: towels, talcum powder and tugging, not necessarily in that order. It's also important not to get confused and cycle in your swim goggles or run in your bike helmet, all of which apparently happen. How would I know? I've never even watched a triathlon.

Which might lead you to ask why am I doing this? Well, it was either this or one of those river cruises along the Seine. Both of them involve going someplace exotic, like Paris or the pool at UBC. But the river cruise costs \$7,000; registering for the triathlon? \$68.

No contest.

Two weeks after the Point Grey Sprint Triathlon, on Aug. 7, is a similar event called the London Olympic Triathlon. While I'm just starting out, the great Canadian gold medalist (2000 Sydney Games) Simon Whitfield is in the twilight of his career and will be competing in one last Olympics before he retires, a geezer at 37.

Even though I can spot Simon a couple of years, once again, there are some similarities. Expectations are the key. On Aug. 7, the whole nation will be holding its breath hoping that Simon is able to win gold one last time. On July 22, my wife will be holding her breath hoping that I at least make it out of the pool.

OK. So what did you want for \$68?



He's no Paul Sullivan, but Simon Whitfield, right, will still compete at the Olympics one last time. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Festival will make you wanna jump



PETER MACDIARMID/GETTY IMAGES

A Brit hit

London launches largest string of summer events

Elizabeth Streb's dancers perform in front of Tower Bridge at the launch of the Mayor of London Presents cultural events program on Tuesday in London, England.

The Mayor of London, Boris Johnson, launched an unprecedented program of free cultural events. From daredevil dancers choreographed by Elizabeth Streb to unusual car-park art exhibitions including the work of artists

such as Jeff Koons, David Hockney and Andy Warhol for BMW ART DRIVE presented by the ICA.

This will be the biggest ever outdoor cultural festival the capital has seen, brought to you by the Mayor of London and London 2012 Festival.

To help visitors navigate through all of the excitement, the mayor also launched a free mobile phone app Tuesday, which provides users with information on the festival as well as the city's events, attractions and recommendations on the best restaurants. The app uses Google map technology for easy touring.

GETTY

What to do, what to do?

- **Nothing is Set in Stone** by award-winning composer and artist Mira Calix, incorporates an interactive sound system that allows visitors to experience the work through both touch and sound in the peaceful Fairlop Waters.
- **Fish Out of Water:** The English National Ballet and seven sisters group use dance, costume and camcorders to create an innovative performance at two iconic London venues.

From the mayor's office



"There has never been a better time to explore London, not just the well-known attractions, but the wonderful local gems waiting to be discovered."

Mayor Boris Johnson said in a release.



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33%
NOT
IMPORTANT
TO ME

56%
FUN BUT NOT
SOMETHING I TAKE
SERIOUSLY

11%
MY
ROAD
MAP TO
LIFE

Twitter

@jo_mAmA:

Our street smells a little like burned marshmallows. S'mores, anyone? #fire #ldnont

tawa but had a hard time getting there (lots of obstacles) & then dreamt I was running from a fire! #weird

@nevesmommy:

Spending some time sitting alone in a back office. Fav tech brings me my coffee I forgot on my desk. He must sense my fatigue.

@SunLifeLyndsay:

Let the storms begin #ldnont At least they took the holidays off.

@naomisayers00:

I dreamt I was going to U of Ot-

@1714tak:

Hmm. It just got awfully dark awfully quick for being so awfully early #LdnOnt

Why make a new film when you can recycle an old one?

Play it again, Sam. Hollywood has long been a fan of movie reboots. Spider-Man is the latest flick to get a an actor makeover



IN FOCUS
Richard Crouse
scene@metronews.ca

The adage, "The only constant is change," is only partially true in Hollywood. The list of recent

movie reboots is as long as Lindsay Lohan's arrest record, and there's more on the way — we'll soon see new versions of Death Wish, Fletch and Highlander — but while the titles stay the same, the faces change.

This weekend, Peter Parker swings back into theatres, but instead of Tobey Maguire behind the familiar red-and-black-webbed mask it's Social Network star Andrew Garfield.

Not everyone is happy about the change. 1234zoomer commented on the new movie: "IS NOT GOING TO BE THE SAMEÖÖ WITHOUT TOBBY!!!" (her uppercase and spelling, not mine), but Maguire has

been gracious, saying, "I am excited to see the next chapter unfold in this incredible story."

Whether the new Spidey acknowledges Maguire is yet to be seen, but at least one replacement had the manners to recognize their precursor on screen.

George Lazenby paid a tongue-in-cheek tribute to Sean Connery in On Her Majesty's Secret Service. After a wild battle to rescue Contessa Teresa (played by Diana Rigg) the new James Bond didn't get the girl. "This never happened to the other fellow," he says, looking dejectedly into the camera.

Former Bond Connery went

on to co-star in The Hunt for Red October with Alec Baldwin playing Jack Ryan, a character later played by Harrison Ford and Ben Affleck.

It's rumoured that Chris Pine (who took over the part of Captain Kirk in Star Trek from William Shatner) will soon reprise the role.

The Batman franchise has also had a revolving cast. Since 1943 seven actors have played the Caped Crusader, including Lewis G. Wilson, who at 23 remains the youngest actor to play the character, and George Clooney who admits he was "really bad" in Batman & Robin.

It's not only the Caped Cru-

sader who changes from time to time. Harvey Dent, the handsome district attorney who turns into villain Two Face has been played by Billy Dee Williams, Tommy Lee Jones and Aaron Eckhart and The Dark Knight's Maggie Gyllenhaal took over the role of Rachel Dawes from Batman Begins star Katie Holmes.

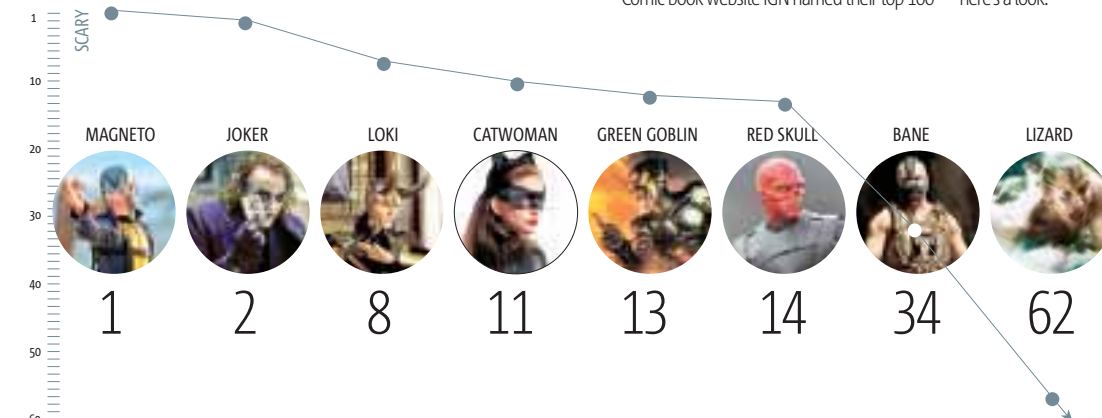
Finally, Jodie Foster's take on FBI agent Clarice Starling in Silence of the Lambs was ranked the sixth greatest protagonist in film history on AFI's 100 Years... 100 Heroes and Villains list, but when she declined to reprise the role in Hannibal, Julianne Moore stepped in.



The Social Network's Andrew Garfield stars in The Amazing Spider-Man opposite Emma Stone. CONTRIBUTED

HOW EVIL IS THE LIZARD?

The bad guy in The Amazing Spider-Man is a scientist turned, well, lizard (played by Rhys Ifans). How does he compare to other comic book villains? Comic book website IGN named their top 100 — here's a look.



GRACIOUS GUY
Tobey Maguire has wished the new Spider-Man luck and said, "I am excited to see the next chapter unfold in this incredible story."



SCENE

Marketing deal

Pitbull to Alaska: I know you want me

Miami rapper Pitbull might soon be chilling out in Alaska. In a marketing deal, Walmart will send Pitbull, a.k.a Armando Christian Perez, to the store that gets the most "likes" on its Facebook page. Right now, the leading candidate is Kodiak, Alaska. And there may be a reason. A writer for The Boston Phoenix newspaper thought it'd be funny to send Pitbull to the most remote Walmart possible, and is encouraging people to "like" the Walmart in Kodiak. It seems to be working. The Kodiak Walmart had more than 35,000 "likes" Monday, more than five times the town's population. Kodiak has a significant lead in the contest to land Pitbull, but actual numbers weren't immediately available, Walmart spokeswoman Sarah Spencer said. She says other Walmart shoppers have until July 16 to like their local stores and pull ahead of Kodiak. "I know Pitbull is hoping his Miami Walmart shoppers start liking their Facebook page," she said. That would require some heavy lifting, with one Miami location sitting tight with 45 "likes" Monday. "He's definitely coming to Kodiak if Kodiak wins," she said. It would be the rapper's first visit to Alaska.

THE ASSOCIATED PRESS

On the web



Dona Bailey, a rare female programmer in Atari's early days, recalls birth of Centipede



Katie Holmes ALL PHOTOS GETTY IMAGES

Holmes cut out of Tom Cruise's fortune

Kate Holmes filed for sole custody of daughter Suri. But one thing she won't be walking away with is tons of money, if you believe TMZ.

The site claims the stars' prenuptial agreement "cuts her out of his fortune" and a source says that's A-OK with Holmes.

"She's not about the money. She's not that girl. She loves to work," says the source. "Money is not that important to her. She makes plenty on her own."

Quoted

"She's not about the money. She's not that girl"

Source
On Katie Holmes

Speaking of which, she's still working. Yesterday, she filmed an episode of the TV series Project Runway, according to People.com—without her wedding ring on.



Justin Bieber

Bieber becomes a high school graduate

Justin Bieber has officially graduated high school, making everyone feel officially old.

The 18-year-old actually finished all his exams back in May, when he told the Daily Telegraph that graduating "was something

my mom really wanted me to do. I mean, this kind of lifestyle has given me a different perspective on life."

Yahoo's omg blog says his name was indeed on the official list of grads at the St. Michael's Catholic School.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jennifer Hudson sings new Lullaby

RAISHAD
HARDNETT
Metro World News

When many people think of Jennifer Hudson's singing style, they think of a thunderous, room-shaking tone. But now, with her new Pampers-inspired adaptation of the classic Lullaby and Goodnight, the multi-talented performer shows a gentler, sweeter side. We caught up with Hudson last week to discuss her new lullaby recording and how she balances being a mom and a superstar.

How did you incorporate your experiences as a mom into this lullaby?

(By) imagining putting my baby to sleep: What do you want to say to your child? What do you want them to hear before they fall asleep to soothe them, to calm them down? That's why I did it. Anytime he calls me, I say, 'That's my baby.' I always tell him, 'I love your hugs. I love your kisses.' So, I really took it from being a mom, and the real experience of that.

Is it difficult balancing motherhood with your work life?

It can be. That's why I love being from Chicago and

living in Chicago. After we had our son, we decided we wanted to go back home, because to me that's what keeps you grounded. That's what keeps the foundation. And then you have family there, which is what keeps something normal, at least for him. I wanted him to have as much of a normal childhood as possible, and I felt like that was the best way to do that — by going back home. And although he is always in my world and watching mommy work, and seeing daddy wrestling — that's different, that will always make him grow up different — if he still has that base, that foundation that we had growing up, then that, to us, is what's important.

What advice do you have for new parents?

I remember when I first had my baby, I wanted all the guests to go home, but I was so terrified of being home alone with him. It's natural to be terrified, but it falls into place. You just fall into it.

Song

Download the song

- Track. You can download Jennifer Hudson's take on Lullaby and Goodnight for free at facebook.com/pampers.



Mel Gibson

Gibson at odds with family member

Mel Gibson, stepmother hater? The volatile star has been accused of terrorizing Teddy Joey Hicks Gibson, who married Mel's dad Hutton in 2001. She and Mel apparently disagree on how to treat their ailing father, who has health issues,

according to thehollywoodgossip.com.

"Mel began yelling and saying, 'f— this, f— that' while levelling other extremely offensive language at me," said Teddy. Mel added: "not to f— with (Hutton's) treatments."



Alec Baldwin

Alec Baldwin feeling generous

Just days after tying the knot with his yoga instructor, Alec Baldwin donated \$1 million to the New York Philharmonic. The gift is in honour of outgoing President and Executive Director Zarin Mehta.

The 30 Rock actor is a Philharmonic board member and hosts its radio show, The New York

Philharmonic This Week. He said in a statement Monday that Mehta made his dream of becoming part of the world of classical music come true. Mehta said Baldwin's "remarkably generous gift is just the latest in his steadfast and inspiring support" of the Philharmonic.

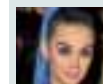
THE ASSOCIATED PRESS

Twitter



@gamber_benson

Am annoyed that I will forever see myself backwards in every mirror that I look into.



@katperry

I'm jet lagged but no I won't quote my own song. #jesustakethewheeltoday!



@ParisHilton

Packing for #Ibiza. #YES! Can't wait! Most magical island on earth! Loves it!



@alecbaldwin

Nothing. He quit Twitter. Again.

Evil glares at the airport security line, jam-packed yesterdays that lead to too-tired-to-take-another-step today's, and kids offering TMI to the customs officials. It's no wonder parents get the shakes at the thought of a family vacation. Trust me, I know. My husband and I just spent more than 365 days with our two sons under the age of 10 on an around-the-world trip. Sure, there were moments when my sanity was questionable, but by the time we got home we were all a little wiser about how to make sure we made it through. My hard-learned lessons are your gain. These five tips will help replace your family's whines of "are we there yet?" with, "is it over already?"

TEXT AND PHOTOS BY HEATHER GREENWOOD DAVIS
life@metronews.ca



Don't let stressful moments steal your memories

Where we learned it: Beijing, China. The mission was to meet our phenomenal guide at the Forbidden City. We should've been there by nine. At 10, we were still standing in pouring rain trying desperately to hail a cab. When we finally found one and agreed on the exorbitantly high overcharge, we had the ride of our life. Thrilled with his windfall the driver regaled us with broken English stories that we still giggle at today. We eventually saw and were amazed by the Forbidden City but nothing compared to the taxi ride over.

Pack less stuff

Where we learned it: The Mekong Delta in Vietnam. Nothing will make you glad you didn't pack six pairs of shoes and three party dresses for a weekend away as a \$6 deal on a lug-your-own-suitcase boat trip. There isn't a place in the world that doesn't have a laundry washing system or a place you can buy something in an emergency.



5 ways to keep the fun in your family vacation

Ditch the routines you can

Where we learned it: Cairo, Egypt. At home the kids go to bed at 8, breakfast is at 7 and new friends are rare. On this trip? Bedtime was when they fell asleep, breakfast could include ice cream and every day there was the possibility of adding a new friend. We told the kids it was an adventure and they thrived. So much so that when, in Cairo, we found ourselves playing table tennis on a street corner at midnight and no one blinked an eye. It turns out kids aren't as desperate for routine as we think and sometimes the thrill of a broken routine is needed.

The family that stays together loses their collective minds

Where we learned it: France. We went to the Eiffel Tower twice but the kids were still itching to climb it; I was not. So we made a deal and while my husband took them to the top, I roamed the Champs Elysees. The result was a happier mom at the end of the day and a dad who knew I owed him one. (He cashed in with a boys night later on no questions asked.) While recharging your mojo remember to keep the self-imposed guilt to a minimum. There's nothing in the family vacation rulebook that says you aren't entitled to a vacation too.



Bring your phone

Where we learned it: Philadelphia, Penn. We're so connected at home that a summer vacation can seem like the perfect time to disconnect. Do it if you must but remember that it's not the phone that's the problem, it's what you do with it and how often. Our trip was changed for the better because we had access to Twitter, Facebook and YouTube along the way.



3

LIFE

Travel in brief

Most Canucks plan to hit the road in summer

An online survey of more than 1,500 people across Canada finds 55 per cent plan to take a vacation this summer. The Leger Marketing poll, conducted last week and released Friday, found the average spending target for those who do plan to vacation in July or August was about \$1,700. Respondents from Alberta had the highest vacation budget, averaging nearly \$2,300 while Quebec residents had the lowest spending target, at just over \$1,300.

THE CANADIAN PRESS

On the web



Midweek July Fourth means confusion for travellers, businesses; Americans seen spending less

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Grilled Chicken and Creamy Curry Sauce turns up the heat

This recipe bathes boneless, skinless chicken thighs in a delicious curry marinade. The thighs then get tossed on the grill.

Meanwhile, a bit of the marinade (which was reserved before the chicken was added) is blended with low-fat sour cream for a rich condiment to be dolloped on the chicken after it comes off

Ingredients

- 1 cup chicken broth
- 1 small onion, quartered
- 1/2 head garlic, cloves peeled
- 1-inch chunk fresh ginger
- 1-inch chunk fresh turmeric
- 2 sprigs fresh curry leaves
- 2-inch cinnamon stick
- 1/2 tsp cumin seeds
- 1/2 tsp black peppercorns
- 1/4 tsp ground coriander
- 1 tsp salt
- Juice of 1/2 lemon
- 1/4 cup honey
- 1 1/2 lbs boneless, skinless chicken thighs
- 1 cup low-fat sour cream

the grill. The result is a moist and richly flavoured chicken curry that is as comfortable solo on a paper plate at a barbecue as it is on a plate of rice indoors.

1. In a blender, combine the chicken broth, onion, garlic, ginger, turmeric, curry leaves, cinnamon stick, cumin seeds, peppercorns, coriander, salt, lemon juice and honey. Puree until very smooth. Transfer a third of the mixture to a small saucepan and set aside.

2. Pour the remaining mixture in a large zip-close plastic bag. Add the chicken thighs, then seal the bag and gently massage to ensure all of the meat is coated by the marinade. Refrigerate for at least 30 minutes, or up to overnight.

3. Meanwhile, set the saucepan of reserved marinade over medium heat. Bring to a simmer and cook until reduced and quite thick, about 10 minutes. Set aside to cool.

Grilled Chicken with Creamy Curry Sauce



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. When ready to cook, heat the grill to medium-high. Coat the grates with oil using an oil-soaked paper towel grasped with tongs.

5. Remove the chicken from the marinade. Discard the marinade. Place the chicken on the grill and cook for 6 to 7 minutes per side, or until the meat reaches 165 F.

6. While the chicken cooks, in a small bowl combine the reserved marinade and the sour cream. To serve, drizzle the sour cream mixture over the chicken.

THE ASSOCIATED PRESS

Drink of the Week

Strawberry Sangria

- 1 bottle (750 ml) dry white wine (Chardonnay, Pinot Grigio)
- 125 ml (1/2 cup) orange liqueur
- 30 ml (2 tbsp) granulated sugar
- 750 ml (3 cups) quartered local strawberries
- 250 ml (1 cup) white cranberry juice
- 250 ml (1 cup) chilled lemon-flavoured sparkling water
- Mint sprigs, for garnish

In a large glass pitcher, combine wine, orange liqueur and sugar; stir until sugar is dissolved. Add strawberries and juice. Refrigerate until chilled. Just before serving, stir in sparkling water. Fill each glass with ice cubes; pour sangria over top. Garnish with mint sprigs. **THE CANADIAN PRESS/ FOODLAND ONTARIO**



Southern Fried Chicken gets kick with spicy Creole sauce

1. In bowl, whisk in buttermilk, salt and curry powder until salt dissolves. Coat chicken in mix and cover for exactly 1 hour.

2. Whisk flour, baking powder, thyme, pepper, corn starch and garlic powder in a large bowl. Remove the chicken from buttermilk mix, coat with the flour mix and lay on wire rack

that is set over a baking sheet.

3. Place oven rack in middle of oven and preheat to 200 F/93 C.

4. Pour 1 inch of oil into Dutch oven and heat to 375 F/190 C. Add half of chicken, skin side down. Cover and cook until deep golden brown on first side, 10 minutes.

5. Turn chicken over and continue to fry 7 mins. or until a deep golden brown. Uncover while maintaining an oil temperature of at least 315 F/ 160 C.

6. Transfer to paper towel lined plate; drain 5 mins. Place on wire rack over baking sheet in oven to keep warm.

7. Add additional oil as needed. Return oil to 375 F/190 C and complete remaining chicken.



8. Sauce: In skillet, roast Cajun spice, add red peppers and sauté 1 min. Deglaze pan with white wine and reduce to half. Add cream, reduce to half. Season with salt and pepper. Serve with chicken. **NEWS CANADA**

Ingredients

- 4 cups (1 L) buttermilk
- 3 tbsp (45 g) salt
- 2 tbsp (30 g) curry powder
- 4x4 lbs (2 kg) chicken pieces
- 5 cups (1.25 kg) flour
- 5 tsp (25 g) baking powder
- 5 tsp (25 g) dried thyme
- 1 tsp (5 g) pepper
- 5 tbsp (75 g) corn starch
- Pinch of garlic powder
- 6 cups (1.5 L) canola oil
- **Red Pepper Creole Sauce**
- ¼ cup (125 ml) heavy cream
- 2 tbsp (30 g) Cajun spice
- ¼ cup (125 ml) white wine
- 1 red pepper, seeded and diced
- ¼ cup (125 g) fresh cilantro
- Salt and pepper to taste

Spicy Rib Dinner. Unique sauce offers flavour burst

1. Combine soy sauce, citrus juice, zest, ginger and garlic in a blender and process to a smooth paste. Spread paste over both sides of ribs and marinate in a refrigerator, 7 hours.

2. Combine dry spices in a blender and grind to powder.

3. Remove ribs from marinade and blot dry with paper towels.

4. Preheat oven to 200 F/ 93 C. Rub spice mix on both sides of ribs. Place the ribs in a pan with the orange juice and braise for 6-8 hours.

5. Preheat grill to medium/high heat. Place ribs on grill and glaze with the roasted tomato ginger barbecue sauce.



6. Barbecue Sauce: Preheat oven to 350 F/149 C. Arrange tomatoes on a baking sheet and sprinkle with brown sugar. Roast tomatoes 1.5 hours. Put all ingredients in blender; process until smooth. **NEWS CANADA**

Ingredients

- 2 racks of baby back ribs
- 2/3 cups (158 ml) soy sauce
- Juice and grated zest of one orange, lemon and lime
- 1 tbsp (15 g) ginger, minced
- 2 cloves garlic, minced
- 1 tbsp (15 g) sweet paprika
- 2 tsp (10 g) each of Szechuan peppercorns, coriander seeds, cumin seeds & mustard seeds
- ½ tsp (3 g) cayenne pepper
- 2 tsp (10 g) brown sugar
- 2 tsp (10 g) salt
- **Barbecue Sauce**
- 2 oz (336 g) ripe tomatoes
- 1 tbsp (15 g) ginger, minced
- Dash of lemon zest
- 1 hot chili, seeded
- 2 green onions, both white and green parts finely chopped
- 1 clove of minced garlic
- 2 tbsp (30 ml) soy sauce
- 2 tbsp (30 ml) sweet sauce
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) rice vinegar
- 2 tsp (10 ml) lemon juice
- ½ cup (125 g) brown sugar
- 4 tbsp (60 g) mustard

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Student Voice

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Barbora Streibl
Student
Bachelor of Fine Arts in Painting and
Drawing
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TalentEgg.ca



Being a post-secondary student certainly has demanded (and still does) a lot of my time, energy, and concentration. However, starting my own business while still in school has definitely been worth the extra time, energy and concentration that I have invested into starting my own company, BG Mountain Studio, in September 2010, and co-founding Sunny Bay Arts with my mom in January 2011.

I feel that by starting my own business, I will have a well-established business and a guaranteed job to work at after I finish my degree. Starting my own business has taught me many things along the way, which are all skills that I can use in any job that I may have in the future.

Where I am now

I am currently a full-time student in my last year of a Bachelor of Fine Arts program majoring in painting and drawing. In addition to being a full-time student, I work part-time for both Sunny Bay Arts, which I co-own, and for BG Mountain Studio, which I own.

My recommendations for employers

Career centres and schools should offer two or three-hour seminars every few months which would show students the steps to take to start and set up their own business. Inviting small business owners to present these seminars would be a great way for students to ask questions directly and learn from someone who has set up their own business.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

Casting your net, making it work: Turn every meeting into magic

Social secrets. A step-by-step guide to turning a handshake into 'you're hired'

JELEEN YU
TalentEgg.ca

For most people, networking is pretty much a necessary evil. For Piotr Makuch, it's a little closer to crazy.

"The idea that people should go and network is insane," says the fourth-year Ryerson University student.

It's a radical thought for someone in his position, but not for the reasons you might think. As an online marketer and vice-president of external communication for Students in Free Enterprise (SIFE), Piotr regularly interacts with people, both in person and online.

Unlike most, though, he considers every moment and meeting — chance or planned — an opportunity to make a meaningful connection. He suggests looking at networking not as a work-related requirement, but as a way of life.

"We're actually always networking without knowing it," the sociology major explains. "We only call it 'networking' when someone with a job shows up; the rest of the time, it's just a conversation. But that shouldn't be the case, because every moment is a networking opportunity."

Here, Piotr shares his advice for job seekers looking to navigate the often-murky waters of the networking world, including his three-step method to getting the most out of every interaction, whether personal or professional.

Step 1: Plan

Goals are important. Even if you aren't sure of what you want, it's important to have a sense of direction to keep you focused. Planning will make any conversation easier because you'll have a sense of where you want the conversation to eventually end up.

Never underestimate the fundamentals. Networking is about connection and you can't do that until you're able to answer the question of who you are and what you're about in a direct and concise manner. Master and own your elevator pitch. If you don't know what you want, no one else will either.

Step 2: Interact

Networking is like dating. You want to get to know the other person in a short amount of time, so make sure to pose plenty of the right questions. Your needs will define



Feeling a little puzzled? Don't overcomplicate your conversations. Keep them light, yet focused. ISTOCK

the questions that you ask, and the conversation will be shaped by what you choose to talk about. Make sure to take away at least one unique point from every person you meet so you can start the conversation again outside the immediate context.

During the conversation you should be reflecting everything back at the person to get to know them better. That way, you're never talking about one thing for too long, and the conversation will just flow naturally. Maintain a light — but focused — conversation.

Step 3: Follow up

Think of the follow-up as a continuation of that first encounter — your approach will be defined by how the original conversation went. Use the key points you took earlier to remind your contact of who you

are and what you both talked about, and keep the message consistent with your goals. As a rule of thumb, make sure to send your note within 24 hours. Keep your online life in line

More conversations are happening online, profession-

Ready-to-go versions

"We only call it 'networking' when someone with a job shows up; the rest of the time, it's just a conversation. But that shouldn't be the case, because every moment is a networking opportunity."

Piotr Makuch

ally through LinkedIn and more casually through Twitter and Facebook. Make sure your online presence is in order and ready for those opportunities when they arrive.

JELEEN YU IS A WRITER AND EDITOR FOR THE NEWSLETTER OF A NON-PROFIT MICROFINANCE ORGANIZATION IN THE PHILIPPINES CALLED KFI (KAALALAY FOUNDATION, INC.).

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Twitter

@TalentEgg

What's the best advice you have ever received from a mentor?

@CGA_Ontario

There's nothing wrong with setting lofty goals. Enjoy the pursuit

@daniellelorenz

Not all that glitters is gold; not all those who wander are lost (technically from a book...but meh).

@lauralux

"Work hard, be kind and amazing things will happen"

@NicoleRashotte

Start showering more often

@Aneesh_L

Learn when to say no. Can't take on everything. Focus and success will follow.

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4

SPORTS

Quoted

"I think (playing in) London helped a lot with trying to make the step to the next level.... I'm learning as I go here. It is my third go-round here and you want to make sure you're progressing each time you come to this development camp."

Greg McKegg, who is hoping his days with the London Knights are over. McKegg, the Toronto Maple Leafs' third-round pick, 62nd overall in 2010, is in his third prospects camp with the NHL club. He's eligible to return to the OHL as an overage player, but really, if his future lies with the pros, this is his time to shine.

NBA

Raptors make move to sign Fields

The Toronto Raptors reached a verbal agreement on an offer sheet with restricted free agent guard Landry Fields on Tuesday. Fields averaged 8.8 points and 4.2 rebounds a game last year with the New York Knicks. The Raptors can't make the offer sheet official until July 11.

THE CANADIAN PRESS

Mobile news



NFL commissioner Roger Goodell shot down appeals from four players suspended in connection with the league's bounty investigation of the New Orleans Saints on Tuesday. Scan the code for the story.



Misha Donskov has left the London Knights for an associate coaching role with the Ottawa 67's. JOHN MATISZ/METRO FILE

Ex-Knights coach on his way to Ottawa

OHL. After three seasons as London coach and manager, Misha Donskov is moving on in junior hockey world



JOHN MATISZ
john.matisz@metronews.ca

The Hunters have lost their right-hand man to the nation's capital.

On Tuesday, the Ottawa 67's officially scooped up London Knights assistant general manager/coach Misha Donskov, announcing the 35-year-old has accepted an associate coaching position with the club.

"There's few teams in the Ontario Hockey League, frankly, that I would consider going to," Donskov, a three-

year employee of the Knights, told Metro. "Ottawa is clearly one of those teams."

Donskov, a Londoner and graduate of Western University's masters in kinesiology program, was instrumental in the Knights 2012 OHL title-winning season. Although he may not get the same fanfare as the Hunter brothers, what the former pro hockey player provides behind-the-scenes has always been much appreciated by the Knights brass.

"Ottawa's getting a good man," Dale Hunter said, adding Donskov is "great with the kids" and an asset

possessing great character, knowledge of hockey, and organizational skills.

Already with the dual role as both assistant GM and coach, Donskov's workload was amplified when head coach Dale Hunter left town for a gig with the Washington Capitals in November 2011.

Almost five months to the day later, London came within one goal of winning its second Memorial Cup in franchise history.

"We're going to miss Misha. He had his hands in everything," Hunter added.

The promotion — which

will consist of a stronger focus on coaching as opposed to splitting time as a coach and manager — is something Donskov didn't see coming. He was approached by the 67's only recently and says he just couldn't pass on the opportunity.

Donskov said moving on will be difficult, especially since he'll also be leaving behind one of the OHL's most highly sought after secondary roles.

"We spent a lot of time together in the trenches, and I know that it's only going to serve me well down the road," Donskov said of the Hunters.

Now, about two months from training camp, only a trio of Hunters — Dale, Mark and Dale's son Dylan — remain as the Knights coaching staff. They will hire at least one replacement, Dale confirmed.

Another man down

Rob Ramage, hired by the Knights as an assistant coach midway through the 2011-12 season, is also departing from his post with the club.

- Ramage's exit comes as a personal decision to pursue a career outside of hockey, said head coach Dale Hunter.

Tennis

Azarenka sets sights on Serena

Second-ranked Victoria Azarenka set up a Wimbledon semifinal against Serena Williams by beating unseeded Tamira Paszek of Austria, 6-3, 7-6 (4), Tuesday, despite failing twice to serve out the match.

In a match that was moved from Court 1 to the roof-covered Centre Court because of rain delays, Azarenka was broken for the first time when leading 5-4 in the second set. She broke right back but then wasted a second opportunity to serve it out, before converting her second match point in the tie-breaker when Paszek sent a backhand long.

THE ASSOCIATED PRESS



Victoria Azarenka on Tuesday.
GETTY IMAGES

NHL

Methot ready for 'awesome' opportunity with hometown Sens

Traded to his hometown team on Canada Day, the Ottawa Senators' new defenceman Marc Methot said he's overwhelmed by all the support he's getting.

"I'm pretty passionate about playing in my home city," he said. "You're playing for your family and friends and you don't want to let them down. It's been awesome, but very overwhelming."

The 27-year-old Methot played 275 career games with the Columbus Blue Jackets. Before joining Columbus in 2006 Methot played for the OHL's London Knights from 2002 to 2005, winning the Memorial Cup with the team in 2004-05. GRAHAM LANKTREE/METRO IN OTTAWA

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Altima finally gets a makeover



ALL PHOTOS WHEELBASE

Active Understeer

On the road, the Altima uses Active Understeer Control. During turning, light braking is applied to the inside wheel to counteract the natural tendency for the car to continue in straight line.

Also assisting is Nissan's Easy Fill Tire Alert that was initially installed in the Quest minivan.

Interior

The interior offers about the same passenger and trunk volume as before, but a concerted effort was undertaken to replace or recover hard-plastic surfaces with soft-touch materials. Another area of focus was noise reduction, achieved by adding more sound-absorbing materials around the car.

2013 Nissan Altima

- **Type.** Four-door, front-wheel-drive mid-size sedan.
- **Engine (hp):** 2.5-litre DOHC I4 (182); 3.5-litre DOHC V6 (270).
- **Mileage:** L/100 km (city/hwy) 7.4/5.0 (2-5).
- **Base Price (incl. destination):** \$25,300.

Engine

The base 2.5-litre four-cylinder's output has notched up to 182 horsepower from the previous 175 due to a new valve train. An all-new continuously variable transmission offers fewer moving parts (reducing friction) and electronic-control improvements so that it more closely mimics a traditional multi-speed automatic.



Nissan has reduced the Altima's overall weight by about 33 kilograms.

Review. The Altima reset the bar for the family car back in 2002. Look what a decade has done

MALCOLM GUNN

Wheelbase Media

First impressions are often lasting ones, and for new-car buyers they can also make the difference between closing the deal right then and there or searching elsewhere.

Where the 2013 Nissan Altima is concerned, most shoppers' reactions will be, "Whoa!"

The outgoing Altima that has been around since the 2007 model year was certainly no mutt, but the new car really shows that its best-before date has come and gone. The mid-size sedan presents a graceful face, with a grille and headlight pods that almost appear to melt into the stylish fenders. The windshield pillars have a

bit more rake to them to help reduce aerodynamic drag.

At the opposite end, the knife-edge-style tail lights neatly encircle the fenders and the trunk lid's spoiler is integrated as part of the sheet metal. Viewed in profile, the Altima doesn't appear significantly changed, but the fancier chrome door handles and similarly coated trim pieces throughout attest to the car's more glamorous presence.

The base 2.5 model's pricing begins at \$25,300 (including delivery to the dealer) and includes all the usual bells and whistles. From that point, S, SV and SL models pile on the content, but can add more than \$9,000 to the base price with luxuries such as heated front seats leather interior, heated steering wheel and a power moonroof.

The Altima's impressively restyled sheet metal and interior appointments, matched with seriously improved fuel economy, serve notice that this Nissan has what it takes get your attention.

"Whoa," indeed.



If you recall, Nissan/Infiniti began offering "self-healing" exterior paint. More unusual technology follows as the company has "zero gravity" front seats for the Altima that reduce pressure on the spine and improve blood flow. Of course, NASA was the influence.



Remember when taillights were on the back of a car and the headlights were on the front? With the right curves and thoughtful integration of chrome, the Altima can finally be called a pretty car.

By comparison



1 Toyota Camry
Base price: \$25,200



2 Volkswagen Passat
Base price: \$25,500



3 Ford Fusion
Base price: \$22,500 (est.)

5

DRIVE

Top Gear

Two-bucket solution

Grit Guard is introducing its colour-coded Dual-Bucket Washing System to its cleaning products lineup. The black bucket contains only clean wash solution, so after dunking your wash mitt and washing for a bit, you then rinse the mitt in the red bucket. Dunk the mitt back into the black bucket for more washing solution, etc. Both buckets feature Grit Guard's removable inserts that keep the washed-off crud at the bottom of the bucket, reducing the possibility of paint scratches or swirl marks. The buckets sit in their own dollies with casters and have individual lids. A seat cushion included with the kit converts one bucket into a handy stool. The Dual-Bucket System sells for \$130 US and is offered directly from gritguard.com.

WHEELBASE

On the Web



Scan code for more car reviews and news

Volvo's new airbag designed for pedestrians

Driving Force. All cars focus on protecting the driver and passengers, but this feature takes safety to another level

JILL
MCINTOSH
drive@metronews.ca

In any collision between a vehicle and a pedestrian, the pedestrian always loses. While that will never change, Volvo is counting on its new

pedestrian airbag to help reduce the severity of injuries when cars and people collide.

While other airbags are inside the vehicle, this new airbag is under the hood. When sensors in the front bumper detect that someone has been struck, the airbag deploys, lifting the rear of the hood slightly, and covering the area around the windshield wipers and pillars.

Raising the hood lifts it away from the engine, important because many pedestrians are injured when the hood buckles and they're slammed against the hard en-

Coming in the future

- The pedestrian airbag is currently available on the all-new V40, a model that won't be sold in Canada, but will be rolled out to other Volvo vehicles in future.

gine components below. The wiper and pillar areas are also hard and more likely to cause serious injury.

"When the car is travelling between 20 and 50 km/h and it senses that it's impacting

a pedestrian's leg, a number of things are actuated," says Thomas Broberg, senior technical advisor for safety at Volvo Cars.

"One of the joints at the rear end of the hood is released pyrotechnically, and then the airbag lifts the hood at the same time it's deploying over the wiper area. Then spring-loaded joints kick in to keep the hood in position. There are a lot of things that happen at the same time, and it's in milliseconds."

It was a challenge to develop the airbag, since

temperatures in the engine compartment fluctuate considerably, and it must be protected from moisture.

"The sensors along the bumper recognize the impact of a human-like mass and form, compared to other objects that you might hit, like a grocery store cart," Broberg says.

"It doesn't go off if the car isn't moving, so if people are coming home from the pub and they start kicking cars, they can kick as long as they want, and it won't go off. And it won't go off if you're working under the hood, unless

you're trying to repair your car when it's travelling at 50 km/h."

Some Volvo vehicles automatically brake when they sense a pedestrian walking out in front.

Broberg says that at lower speeds, the collision might be avoided entirely.

If the car is travelling above the airbag's 50 km/h threshold, the auto-braking might not be able to stop the car in time, but could potentially bring the speed down to the point that the airbag would deploy and help to reduce human injury.

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Miscellaneous



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Public Auctions

Public Auctions

NOTICE OF SALE:

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328 Commissioners Rd W., London, ON

Friday, July 20th 2012

@ 10:00am

Units: C. Clarke 0617F

According to the Lease by and between the customers listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s).

UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN:
Household goods, bicycles, vehicle, fridges, mini fridge, tool chests and tools, microwave, vacuums, fans, baby strollers, rubbermaid totes, baking racks, boxes, suitcases.

Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statutes. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is" condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

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General Services

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Miscellaneous

Miscellaneous

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3 seater sewing \$80 Natural wood dresser \$80 Desk with hutch and drawers \$250 519-657-8815	Cedar Chest Mint condition, long and deep. \$200.00 OBO (226)468-0980	Dinnerware Set for 4-55 Dinnerware set for 8 \$50 Shiftoleob set \$5 519-657-9440	*Large Open Face Fancoor Blower motor air first \$25 * Wooden Shoes Size 10 to 11 \$25 * Antique hand crank singer sewing machine works... \$90 (519)653-8798	*Pyrex Casserole & Mixing bowls \$1 to \$3.50 *Wedding Single, Double & Queen, bed pillows & pillow cases \$50 to \$100 Excellent Condition (519)433-4131	Wanted to buy Die Cast Cars All sizes. Hotwheels, Dinky, old toys. Will buy collections. Will pick up and pay CASH! \$5555 519-672-1219
* 4 21 drawer tool organizers \$30 * Potlatch DC 6 volt 32 keyed Multi-rhythm organ \$12 (519)453-8796	Children's Britannica Encyclopedias \$45.00 (519)886-7754	Display Pole 5' High. Great for Trade Show Banner Ads. Perfect Condition. Includes Accessories. Reg price \$300 A steal at \$90 Please call 519-473-9000	Mahogany dining table & chairs. Table with two leafs - 8ft long, without leafs - 5ft. One leaf is 6.8 ft. 4 chairs & 2 captain chairs. \$900 Call (519)941-0534	Sectional Sofa Bed Outmeal in Color Sears Value of \$2400 30 mths old Selling for \$849 519-476-4552	Wider dining room table with glass top and four chairs. \$80 Call (519)432-8947
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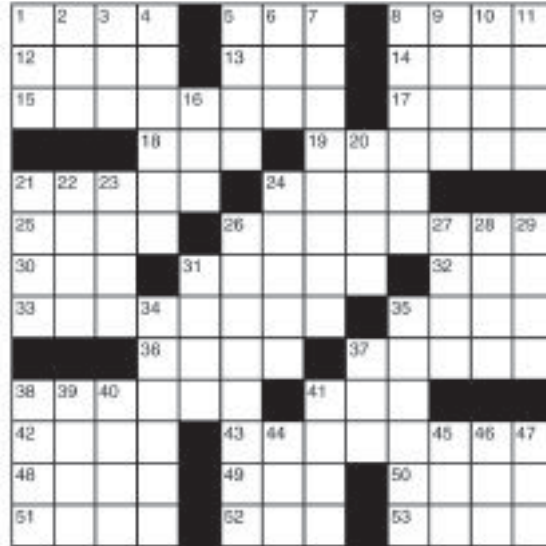
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Across

- 1 Lovers' quarrel
5 Badly illuminated
8 Georgetown athlete
12 Head light?
13 Addressee
14 Idolaters' poetry
15 Pachyderm
17 Staff member?
18 Cacophony
19 Spain and Portugal
21 Utter confusion
24 Responsibility
25 Breathing organ
26 Vote
30 Grecian receptacle
31 Elbows' counterparts
32 Carnival city
33 Lift
35 Cookware
36 Yale students
37 Tearjerker need (Var.)
38 Yarn-fineness measure
41 London atmosphere
42 "American —"
43 Grandeur
48 Malaria symptom
49 Placekicking prop
50 Recess
51 Give temporarily
52 Still
53 Eyelid problem

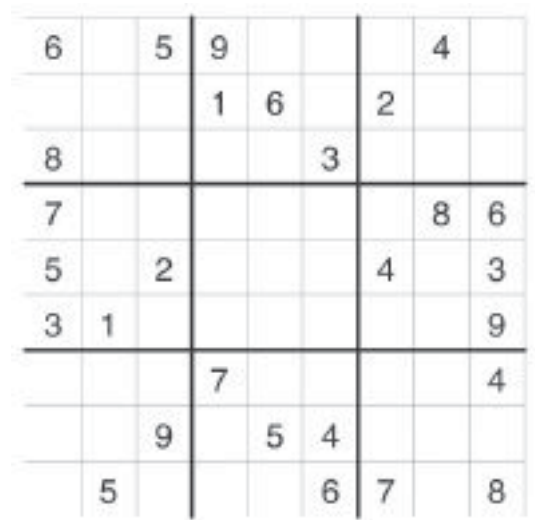
Down

- 1 That girl
2 Crony
3 Pub order
4 Big kahuna
5 Actress Cannon
6 Charged bit
7 Rebellious sailor
8 Truthful
9 Stench
10 Bigfoot's cousin
11 On the briny
16 Possessive pronoun
20 Tampa Bay team, for short
21 Hint
22 Pitch
23 Daughter of Elizabeth
24 Dairy-case wares
26 Whole
27 Tehran's land
28 Sty cry
29 Inquisitive
31 Hardy cabbage
34 Concealed in mystery
35 Irreligious people
37 Glutton
38 "Don't touch that —!"
39 Advantage
40 It may be a common object



- 41 Yard trio
44 Marvin or Majors
45 "To be or — ..."
46 Shyly flirtatious

47 — out a living



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HA DEZ MWV RQWVPPHSN
LMLVWR HS M FWMYD
AWVSXD, RECV LVELKV CHNQU
FKMHC DEZ'WV ES M UVMW.
Yesterday's Cryptoquip: WHEN VICE PRESIDENT
AARON BECAME HUNGRY, YOU MIGHT SUPPOSE
HIS FAVORITE FOOD WAS A BURR-ITO.
Today's Cryptoquip Clue: W equals R



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's Sudoku



Horoscope

♈ Aries | March 21 - April 20.
You know what needs to be done and you know you have what it takes to make a good job of it — so what are you waiting for? Act now!
♉ Taurus | April 21 - May 21.
You may be having second thoughts about a project you are involved with, but planets warn it'd be wrong to make changes at this stage.
♊ Gemini | May 22 - June 20.
What people say and what they mean will be two different things today. Assume that nothing you hear can be taken for granted.
♋ Cancer | June 21 - July 22.
You may find yourself at a loss to explain why certain things are happening but your senses tell you they are, so all you can really do is decide how to react. Doing something is better than doing nothing.

♌ Leo | July 23 - Aug. 22. Mercury in your sign will help you outsmart those who think you can be easily manipulated. They're wrong.
♍ Virgo | Aug. 23 - Sept. 22. Chances are you will mislead yourself about something today — the kind of thing that 99 times out of 100 would not fool you at all.
♎ Libra | Sept. 23 - Oct. 22. You know your way of looking at the world is best but you won't be able to convince loves ones and work colleagues of that today. They have as much right to be wrong as you.
♏ Scorpio | Oct. 23 - Nov. 21. You will hear something you do not agree with today but don't make an issue of it. Others can rant and rave, and make fools of themselves if they so wish, but you know it is better to be self-controlled.

♐ Sagittarius | Nov. 22 - Dec. 21. Today's cosmic activity will encourage you to focus on down-to-earth matters such as how to pay the bills and make ends meet.
♑ Capricorn | Dec. 22 - Jan. 20. Do whatever it takes to avoid feelings of doom today. If you get stuck in a bad mood now, you may not be able to snap out of it until the weekend at the earliest.
♒ Aquarius | Jan. 21 - Feb. 18. Don't try to second guess partners and loved ones today because there is a danger you will get it wrong.
♓ Pisces | Feb. 19 - March 20. You may think you know what's going on at work, but do you? Mercury's link to Pluto warns you may have logic twisted, so try to stand back from the situation and see the wider picture. **SALLY BROMPTON**



Caption Contest

"Help! I've pollen and I can't get up!"
Amanda

TRI-CITY HERALD, BOB BRAWDY/ THE ASSOCIATED PRESS

Win!



You write it!

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2012 KIZASHI S AWD

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2012 GRAND VITARA URBAN

MSRP ~~\$29,290~~



hwy 8.6L/100km 33mg

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